



DEPARTMENT OF THE ARMY
U.S. Army Forces Central Command - SA
RIYADH SAUDI ARABIA
APO AE 09852



#2002-14

**POLICY LETTER #14 – ARCENT-SA Standards for
Physical Training (PT)**

5 NOV 02

1. This Policy Letter applies to all military personnel assigned, attached, on temporary duty, or otherwise sent to Saudi Arabia to support ARCENT-SA. It also applies to any unit, section, detachment, or other organizational entity attached to or otherwise under the direction or control of ARCENT-SA.
2. The focus of this Policy Letter is to establish a framework within which each unit can design and execute a physical readiness program that ensures every soldier is physically capable of withstanding the rigors that will be required of them to perform their wartime mission. It is particularly important that our soldiers are in a high state of physical readiness here in Southwest Asia, where they might be required to operate for long periods of time in MOPP IV with temperatures often exceeding 110 degrees Fahrenheit.
3. Due to the high temperatures and dry climate here in Southwest Asia subordinate commanders will develop a Newcomer Physical Training Program for newly arrived personnel. As a minimum requirement for this train up program, newly arrived personnel will not be required to take part in any unit run over 3 miles during their first week in country. Soldiers will not be required to take a record APFT for the first month as well.
4. All soldiers will conduct PT at least five days a week. During three of these days, physical readiness training will be conducted at the company level or higher with a focus on unit esprit de corps runs, ability group runs, and conditioning exercises that will prepare the soldiers for the Army Physical Fitness Test (APFT). As a minimum, units will do push-ups, sit-ups, and run three days each week for at least three (3) miles each run. The fourth PT session of the week may be conducted at platoon, squad or section level, and may include team building activities at the discretion of the first line supervisor. Based on unit training schedules and other operational requirements the fifth PT session may be conducted at the individual soldier level. No soldier will stand or be idle during organized athletics, therefore the PT leader must select a sport that will include all personnel in the unit.
5. For those soldiers who score 290 points or more and at least 90 points in each event of the APFT, unit commanders may establish incentive programs as a reward for excellence. In general, incentive programs should not include being excused from more than two days per week of unit or section level physical training.

AFRD-SA-CDR

SUBJECT: Policy Letter Number 14 –ARCENT-SA Standards for Physical Training (PT)

6. Individuals achieving a score of 290 points or more and at least 90 points in each event of the APFT will receive an ARCENT-SA Physical Fitness Certificate of Achievement.
7. Staff Officer physical training is the responsibility of the DCO.
8. For maximum safety when conducting physical training, walking, running, or bicycling between the hours of sunset and sunrise or during other hours of limited visibility, all soldiers in this Command will wear a reflective vest or a reflective belt which runs from the right shoulder to the left hip.
9. This memorandum supersedes all previous policy letters on this subject.

// ORIGINAL SIGNED //
THOMAS H. STANTON
COL, AD
Commanding

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